



guide

 **thecollegian**



Illustration by Kathleen Murray

Fall 2013

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Stressed Student's Guide to a Free Finals Feast

Willy Evans
contributing writer

I don't think many students would claim I'm being hyperbolic when I say that finals week is as close to hell on earth as we are likely going to get. It is 120 hours of sleepless nights, cramming, stress and panicking because every time you fit an equation into your brain a different one slips out.

Much like a battered ship finding a harbor in a storm, some organizations on campus offer aid to students in the form of free snacks and drinks before sending them once more into the fray. When and where can you find these modern day Clara Bartons? What kind of relief are these bastions of altruism offering? Where can you go once you're ready to rejoin the fight?

For years, K-State's Hale Library has been a churchillian citadel in which students could find refuge, and this year is no different. Hale will be offering free snacks, coffee, tea and sympathy to students from 10 p.m. to midnight, Sunday through Tuesday during finals week. The event, dubbed "Caf-feine Fix," is sponsored by K-State Libraries and Einstein Brothers Bagels. Additional sponsors include The Wildcat 91.9, Bluestem Bistro, Jimmy John's, Ray's Apple Market and Varsity Donuts.

Students who attend the event can expect a plethora of snack and drink options.

"Along with K-State Libraries who provide snacks and drinks each night, [our co-sponsors] will provide items every night," Darchelle Martin, Events and Programs Coordinator for K-State's Libraries, said.

In addition to the Caffeine Fix, Hale Library will be hosting a performance from the Kansas City artists So Long Solo in Hale's Hemisphere Room on Monday from 10 p.m. to Midnight. The event is sponsored by Hale Library, and UPC and will have free drinks and bagels while supplies last.

K-State Libraries isn't the only option available for students who need a respite. The K-State Alumni association will also be giving snacks and drinks to members of Wildcats Forever.

"[Snacks and drinks] can be found on the second floor of the alumni center from 8 a.m. to 5 p.m. during dead week and from 8 a.m. to 10 p.m. Monday, Tuesday and Wednesday during finals week," Megan Sherlock, associate director of student programs for the K-State Alumni Association, said. "K-State students who are not in Wildcats Forever can sign up through the iSIS market place or can come into our office and sign up any time."

Breakfast foods will be available during the morning and will transition to other foods throughout the day.

Sigma Alpha Epsilon will also be giving away coffee, hot chocolate and snacks at their house from 7 a.m. to 12 p.m. on Wednesday, Dec. 18.

Once you reach the point where you can no longer justify your procrastination and finally force yourself to study for your finals, there are several places for you to hit the books.

"Hale Library will have three study zones during finals week to meet the different study preferences of students," Martin said. The



Minh Mac | Collegian

The Hagans library, located in the Alumni Center, is one of the on-campus places that host midnight snacks/beverages to students studying for finals.

zones will be separated predominately by noise level. "Students are asked to be respectful of fellow students and observe which zone they are studying in. Hale Library will also be open 24 hours a day beginning Sunday, Dec. 8 until Dec. 19."

In addition to the library, students are welcome to study at the Leadership Studies Building and the K-State Student Union.

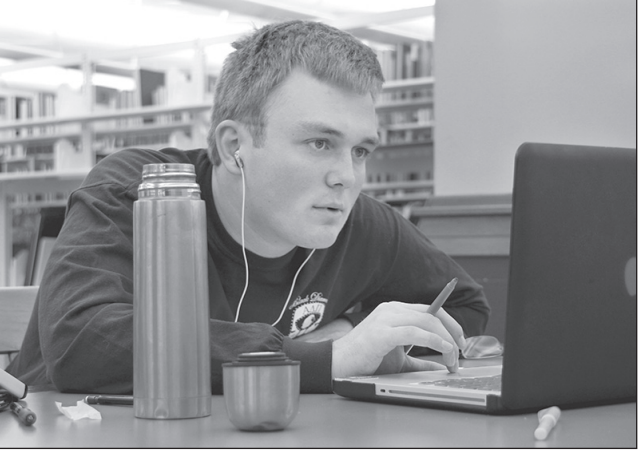
"The Leadership Studies Building will be open 24 hours per day for finals week beginning at noon on Sunday, Dec. 15 and will close at 5 p.m. on Friday, Dec. 20," Monica Strathman, business manager for the School of Leadership Studies, said.

The K-State Student Union will be open 24 hours a day starting on Sunday night, Dec. 8," Bill Smriga, executive director at the

Union, said. "We will remain open 24 hours a day until closing at 10 p.m. on Dec. 13. Starting again on Sunday, Dec. 15, we will be open 24 hours a day until closing at 10 p.m. on Friday, Dec. 20."

Editor's Note: This article was completed as an assignment for a class in the A. Q. Miller School of Journalism and Mass Communications.

Taking the toll: Students trade sleep for increased studying time; preparation



Taylor Alderman | Collegian

Many students have to stay up late at night, some even staying up all night, in order to get school work finished. **Garrett Kays**, sophomore in Agricultural Economics, studies at Hale Library at one in the morning for an agricultural policy quiz.

Chase Fortune
staff writer

Living the college life holds several expectations — attending drunken parties, cheering on your team at home games, and of course, pulling all-nighters to cram for those upcoming final exams. As finals week approaches, the halls of the library fill with more and more students cramming last minute for a final or desperately working to finish final projects. Often, many of

these students sacrifice hours of sleep for a few more hours of studying to increase their odds of success. This phenomenon is almost a part of the college life culture, but what are some of the side effects of forgoing needed sleep to study for finals?

According to the American Sleep Association, individuals should be getting at least seven to nine hours of sleep a night. This, however, is not always an option for many hard working college students.

"I would say that per night, I get about five to six hours of sleep," Alexis Lundy, senior in family and consumer science, said. "I try to get some sleep before a test so I try my best to not stay up too terribly late."

Lundy is not alone when it comes to giving up sleep for school work. According to Harvard University's Division of Sleep Medicine, "only 11 percent of American college students sleep well, and 40 percent of students feel well rested only two days per week."

The trend of trading sleep for study time remains a constant in the college sphere. The question is, is the trade off worth the side effects associated with sleep deprivation?

"Losing sleep directly affects our brain's ability to retain and use information," Julie Gibbs, director of Health Promotion and Nutrition Counseling at Lafene Health Center, said. "Therefore, it is less likely that we will do well in school and work."

According to Gibbs, in addition to hindering the brain's ability to retain information, other side effects of losing sleep on a regular basis can include higher stress levels, overeating and even feelings of depression.

Don Hedden, director of Cardiopulmonary and Sleep Disorder Services at Mercy Regional Health Center, said that as one

loses sleep, their cognitive functions deteriorate, which results in difficulty assimilating facts or concepts.

"Your performance during the day — mental, physical and emotional stand point — is directly affected by the amount of sleep you get the night before," Hedden said. "Sleep restores your body, particularly stages 3 and REM (rapid eye movement) sleep. Restoration cannot occur without sleep. What one might expect to see in a person who is sleep deprived is a lack of ability to concentrate and delayed responses to external stimuli."

Hedden also said that studies show that an adult who has been awake for more than 19 hours has the reaction time impact of someone who is legally drunk.

But what about pulling the occasional all-nighter to cram before a final? Is it as harmful as missing sleep on a regular basis?

"All-nighters may seem like a good way to prepare, but there comes a point when the mind simply cannot retain anymore," Hedden said. "The ability to understand concepts will decrease as well."

According to Hedden, studying while sleep deprived would need to be simple memorization, not concept learning or application. He also thinks it's important to consider the effects of pulling an all-nighter when

it's time to apply the material you've learned and your ability to perform. With your mental abilities depleted, simple things like understanding a question and key points may be more difficult. Ultimately, performance will suffer.

Downing Red Bull like a mad man and popping caffeine pills like candy may not be the answer either.

"Don't think that if you drink a lot of coffee or energy drinks you can offset this," Hedden continues. "Your body may be kept awake, but your cognitive and

mental capacities are not."

With all that said, while you prepare for finals week, it's important to keep in mind that one of the most valuable assets you will need in your finals prep kit is adequate amounts of sleep.

According to the Centers for Disease Control and Prevention, a few ways to promote good sleeping habits are to go to bed at the same time each night and rise at the same time each morning, avoid large meals before bedtime, avoid caffeine and alcohol close to bedtime, and avoid nicotine.

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WORD SLEUTH • — MONEY

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D A X U Q N T K H E B Y V S P
M Y J H E B Y S V F T Q O L I
G D L B Y W T R E U G P M K I
F D B O Y W M U G N S Q E O M
K I Y F P D O B I N R Z Z T X
W U S S Q O S D B Y I A O E N
L J H L A U N D E R E D E K F
D C A Y W E A O P E V T L C S
Q P N L P M R K M I S H F O E
C I T S A L P C B R E P A P F

Friday's unlisted clue: BENZ
Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.
Saturday's unlisted clue hint: Payment to Bind a Contract

Big
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Folding
Funny

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Mad
Monopoly
Old

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by Terry Stickels

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2) $KP + Q = 18$
3) $P + KQ = 30$

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		0		0			0	1
		1	0		1	0		1
0			1	1		1		0
	0	1		0		0		
		0	0		1			
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		1					0	
1		0	0			0	1	
	0	1	1					

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For each phrase below, rearrange the letters to spell two new words that are things that can be mined. For example: RELAY HUBS can be rearranged to spell SHALE and RUBY.

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E

R I V E R T A N G L E S

A

C A R D E A L F L O P S

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Not just the library: Places to study on campus

Chase Fortune
staff writer

Finals week is almost upon us. With the multitude of group projects to complete and exams to study for, any well versed college student knows the importance of finding a quiet, warm study spot to claim as their territory.

But fear not, oh secluded study seekers: K-State and the surrounding Manhattan area are chalk full of serene places to hack away at those study guides.

The Hale library would be an obvious start. Its multitude of floors, cram-packed with alcoves and study areas, provide many students with space to barricade themselves into a cocoon of books, energy drinks and study guides. Not to mention the Great Room of the library that inspires avid studiers with the sense that they've stepped out of reality and into a hall at Hogwarts. Although the library's main floor is often noisy and filled with bustling students, some find the surrounding commotion helpful to their study habits.

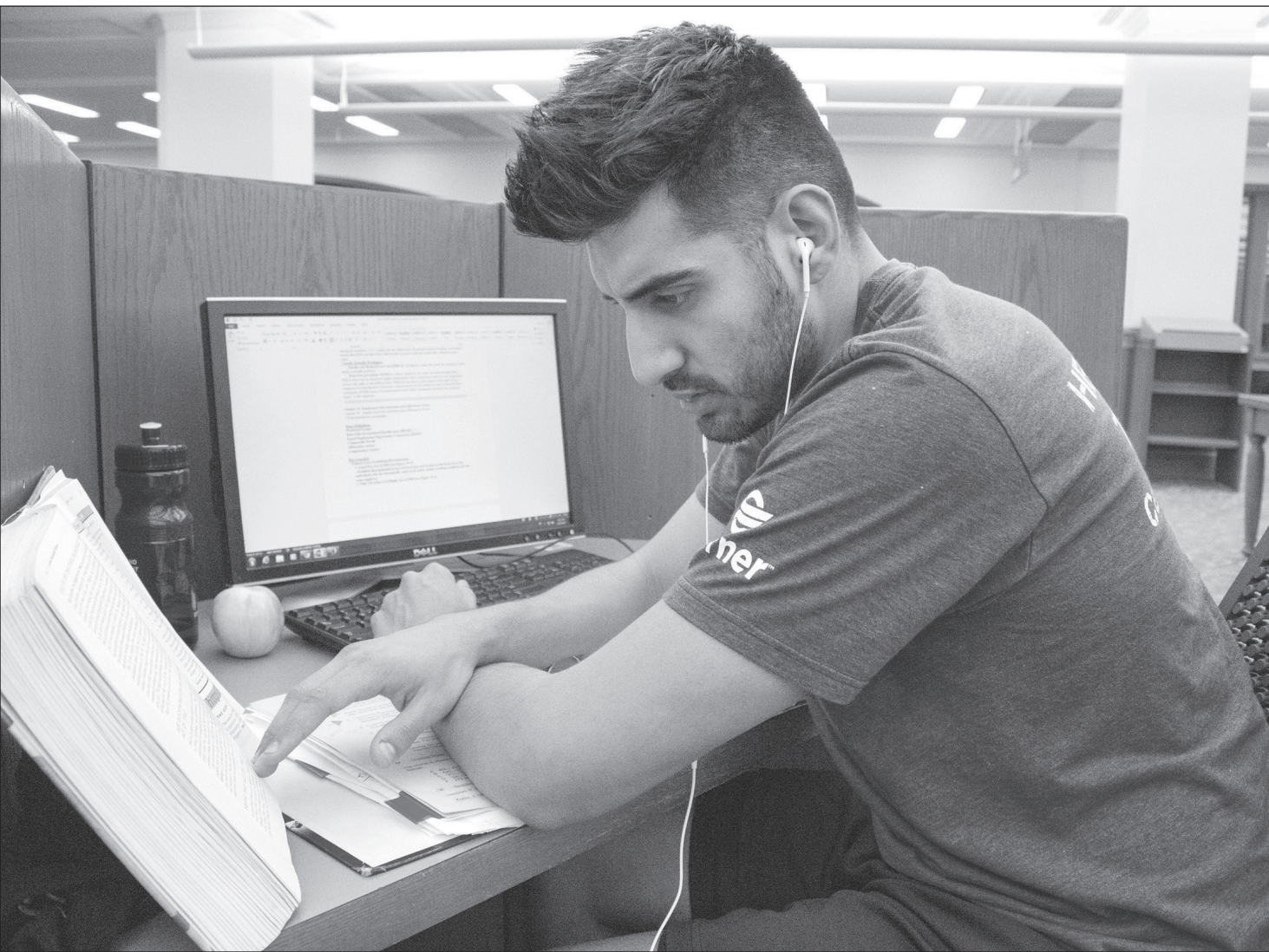
"I study in Hale on the second floor, because that's usually the loudest and busiest," Zachary Stroth, junior in family studies and human services, said. "When I'm in silence, my mind wanders and [I] can't focus on the task. So, I try to pick busy areas to study at."

If you are anything like Stroth and need a loud hectic space to fully engage your cognitive powers, then the Union might be another lively space to try.

"I enjoy the Union to study at. I can't study in silence, I need movement around me," Stroth said. "So, sitting at the tables in the Union, specifically across from Caribou overlooking the ledge, offers that. I am surrounded by people and movement, which in return help me to focus."

Many people, however, prefer more quiet, isolated places to dive into their studies as opposed to overcoming the dull roar of the previously mentioned locations.

"I study either in my studio in Justin hall or in the lounges in the new addition of Justin," Rachel Knox, senior in interior design, said. "It's usually quiet and there is lots of room to spread out my work and stay a while. I try to stay away from working in the library because it's distracting and it's hard to find a comfy spot that I can stay at for



Minh Mac | Collegian
Miguel Ramos, senior graduating in December for a bachelor of science in business administration with an emphasis in marketing, studies for a test in Hale library, early Thursday morning, Dec. 5.

hours."

This may not come as any surprise, but many students prefer to take advantage of the study areas that their college departments provide.

"I spend a lot of time in Bluemont hall since I'm an education major and we have our own little library called the Catalyst," Stacie Glessner, senior in family and consumer science education, said. "It's my favorite spot to study at because there aren't a whole lot of people coming in and out so it's less distraction and a lot quieter."

While the search for quiet, insulated corners to study in seems to be

a goal for many studiers, some prefer to brave the heart of the commotion in pursuit of that hidden escape.

"I prefer to study at my house or hide in the stacks at the library," Sara Teague, sophomore in animal science and industry, said. "It's a lot quieter, and I can take a nap with no worries of being put on K-state pass-outs."

But libraries and alcoves on campus aren't the only places to set up camp and cram for those finals. If you like a steaming cup of imported joe while you work, then the Manhattan area has a few places just for you.

The Bluestem Bistro in Aggieville

is a relatively quiet café hall that often sees students breach its doors for mocha and a mellow place to study. Although it can get pretty crowded at certain times in the evening, the shop's warm interior is usually fairly relaxed during the afternoons.

"My favorite place would be Bluestem Bistro because I like the atmosphere of it and I like all the people," Lauren Stroud, sophomore in children's ministry at Manhattan Christian College, said. "Also, I like the coffee. It's always good."

In addition to the Bistro, Radina's Coffee House is also a great place to sit and stew over your finals while the barista brews up some hot car-

amel lattes. With three locations around town and on campus, Radina's offers a multitude of choices for students with a taste for coffee and a need for study space. Like Bluestem, towards the evening time, the noise level in Radina's picks up as students and java lovers alike clamor for a warm cup and a spot by the windows.

Whether you're one of those who can only study with the dull roar of a nearby crowd or someone who's constantly on the lookout for the next little known study nook, there seems to be a place for almost any type out there on campus and in town.

Standardized tests results show only small portion of student's ability

Marcella Brooks
staff writer

Standardized tests have long been a mountain to climb in the academic world. Springtime in high schools are spent prepping for these fate-determining exams. Study books are purchased. Practice tests are given. So much time and money are spent creating and distributing these exams that some believe to be inadequate representations of a student's ability.

"They are well designed tests, but they only look at one piece of a student's abilities," Nancy Bridges, instructor of curriculum and instruction, said.

The ACT and SAT are predominately focused on math, reading and writing. According to Lori Andersen, assistant professor of curriculum and instruction, these are all important areas but they don't properly measure a student's potential.

"What we are not measuring are other factors that affect student success, such as motivation, creativity, persistence, grit, etc... High academic achievement does not necessarily correspond to the greatest levels of success," Andersen said.

The ever-evolving definition of intelligence makes these tests difficult to gauge students who are anything but classically

smart.

"Modern intelligence theorists have separated intelligence into many different factors and

tests are not to blame; it's how they are being used.

"The scores are all anyone sees," Bridges said. "Parent's only

"They are well designed tests, but they only look at one piece of a students abilities."

Nancy Bridges
instructor of curriculum and instruction

only a few of these are measured by the SAT or ACT," Andersen said.

Bridges said she thinks the

look at that piece. The public only looks at that piece. That's the only thing that gets shown."

One of the main critiques

of the tests are that they are too heavily weighted.

"It's kind of a trap," Kelsey Brown, senior in elementary education, said. "Tests are already stressful events and these [standardized] tests are that much more stressful because so much is relying on how well you perform. It determines so much of your future."

Though the tests are up for some major revisions to meet new academic standards, they are not going anywhere.

"You have to have some measure that you're going to compare them academically because it is such a competitive market to get into a school," Bridges said.

Bridges recommends utilizing all the resources when taking the exams like test prep classes, practice tests and taking the exam more than once. Experience seems to lighten the load for a lot of students.

"When I was in high school, nobody emphasized that you could take these tests more than once," Bridges said. "A lot of these kids have taken it since they were a freshman in high school. They've had more experience taking it. They also didn't have a lot of the preparation things that they have available now. I think it probably is a reliable test for students who take advantage of those things."

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Staying up late to study not necessarily a disadvantage; sleep is still key



Some students prefer studying late at night, while others prefer to study early in the morning. **Haley Conway, Nick Franssen, Amanda Sipes, Benjamin Raaf, and Leah Scanlan**, seniors in music education, studying late into the night to finish a project.

Shelton Burch
staff writer

To get up early and study, or to stay up late and study? That is the question.

A look at various studies and academic journals online leads to the conclusion that either is better. For instance, a study posted on Biomedcentral.com by Ahmed S. BaHammam said that late bedtimes were associated with lower grades.

"This study showed that nocturnal sleep time, late bedtimes during weekdays and weekends, catch-up sleep on weekends and increased daytime sleepiness are negatively associated with academic performance in medical students," BaHammam said in the study.

However another study, cited by Aabid Ali in the

journal of Natural Science, showed there to be no correlation between when a medical student studied and how they performed academically.

"We concluded that different sleeping patterns do not affect the performance of medical students in the academic perspective,"Ali said.

Sara Kearns, associate professor at Hale Library, said students tend to use Hale Library more in the evening than in the morning hours.

"If you're here at like seven, eight or nine in the morning it's going to be much more empty in here," Kearns said. "Just based on how many people we see here in the building, there are absolutely more people in the evening than there are in the morning."

Kearns said she does not

hear a lot of feedback on how that ends up working for students, but said she believes part of it depends on the individual sleep habits of the students themselves.

"I think it's more of a personal preference in when you can actually wake up," Kearns said. "I know it's sometimes harder to wake up in the morning."

Still, Kearns said she sees how getting up early could potentially benefit students.

"I would say, practically speaking, if you are somebody who needs to concentrate when you are studying or have a little more quiet time, you're going to have a better chance of that if you come here early in the day than if you come in the evening," Kearns said. "Even with our quiet floors, those tend to get pretty full, and so then you

don't have the sound distraction, but you have the visual distraction of people walking by and movement."

Emily Jardine, senior in marketing, said she prefers to study differently depending on when the test is. Normally, she only gets up to study early if she has an exam specifically in the morning. She'll arrive at Hale or go to a coffee shop around 7 or 8 a.m. and study for her exam. If the test is a few days away, Jardine said she will stay up later, but control how late.

"I generally only study late at night a couple days before the exam, and I only ever study until maybe 10 o'clock, because I want to have time to go home and sleep," Jardine said. "I do better if I just study a little bit and then sleep and just go from there."

Jardine said she has found

that system to be better than pulling all-nighters or getting up to go to the library earlier, both of which Jardine said she avoids. She said she has found it more effective to break up studying into smaller time segments instead of longer ones, but that it ultimately depends on the class.

"If you study for too long, I feel like you just don't learn anything unless it's a math class," Jardine said. "So for a different class, like finance, I had to take a lot of time. I would study for maybe six hours at a time, because one problem would take you 30 minutes to do."

Abdulrahman Alkhiary, K-State Library ambassador and sophomore in political science and economics, said he believes it works better to stay up late and study.

"Personally, I think that

creativity, projects or the strong mood comes at night," Alkhiary said. "That's just my personal opinion."

Alkhiary said during weeknights, he will usually get up early — around 6 a.m. — and be at campus by 7 a.m. After that, he will stay up until 1 or 2 a.m. On the weekends, he will often sleep until about 1 p.m.

With the variation between research results, it is impossible to know for sure if it is better to stay up late and study or to wake up early to do so. Ultimately, it depends on the individual. Kearns said she advises students to avoid all-nighters because they won't help as much as students tend to think.

"Don't skimp on sleep. It doesn't matter when you study, make sure you get some sleep in there," Kearns said.

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Finish with a bang: Celebrating the end of finals

Willy Evans
staff writer

Dear future version of the reader, Congratulations! You've made it through finals week with hopefully minimal physical and psychological damage! Now the real test can begin. Collegiate veterans, of course, will know what I am talking about. It is time to celebrate the end of the semester. It's your last chance to party before either you or your friends return home for the holidays. Whether you plan on participating in one final bar crawl through the 'Ville, or simply want to relax, it is of the utmost importance to perfect your post finals week celebration ritual.

While the stereotypical image of a celebrating college student involves copious amounts of alcohol, most

students seem to anticipate fairly moderate celebrations.

"First and foremost I need to see my family and celebrate with them," Anthony Porter, junior in history, said. "Because family time is most important in my life. I value family time."

The desire to celebrate with family was reiterated by Pat Zenk, freshman in open option, who will be going through his first finals week at K-State.

"After finals week is break, which means Christmas, so me and my family are going to go celebrate Christmas with our relatives in Texas," Zenk said.

Wanting to celebrate with family is something that is certainly understandable. For many students, it's a chance to see loved ones for the first time in weeks or months. Celebra-

tions can take many different forms and differ from person to person. Some students prefer to simply relax after the stressful grind of finals week.

"I didn't really do anything special last year. I was just thankful to be done," Kristin Haverkamp, sophomore in graphic design and photography, said.

While many of the students I talked to planned low key celebrations, they also shared the common theme of wanting to spend time with friends. Yet, although the idea of spending time with friends was shared by many students, the schedule of activities varied.

"[While I didn't do anything last year], this year me and my roommates might go out to eat or go watch a movie," Haverkamp said.

Porter had other plans.

"After I've spent time with [my family], I'll go hang out with my friends, play some Xbox ... do some shots," Porter said.

Whether you plan on having a quiet night alone, want to spend some time with friends in a relaxed atmosphere or want to get crazy one last time, there are plenty of places to celebrate the end of the semester.

Carmike Seth Childs Cinema in Manhattan does not have their full schedule set at the time of this article's publication, but have confirmed that they will be having several showings of the much anticipated movie "The Hobbit: The Desolation of Smaug."

Similarly, for those who want to celebrate the end of dead week — which is potentially more stressful than finals for many students — UPC will be showing "Elysium" in

the Union's Forum Hall, with free admission for K-State students.

While most bars in Aggieville are not planning any events or specials specifically for finals week, there is one event that will spill over into finals week. Rusty's Last Chance and Kite's will both be holding over a week of specials dubbed "The 12 Days of Giving." The event will go from Dec. 5 to Dec. 16 and includes discounts ranging from 50 cent tacos and half price burgers to 99 cent wells and \$2.50 pounders. They will even be hosting an ugly Christmas sweater contest on Thursday, Dec. 12.

Regardless of the nature of your celebration, I think most of us can agree that finishing another semester is cause to pat yourself on the back, kick back and relax. Congratulations.

Professors, instructors share finals week knowledge, experience

Erin Poppe
managing choppy chief

While professors may not be students' favorite people during finals week — in fact some might be the subject of much aggravation — they do have words of wisdom to share with their struggling students.

Many professors agree that to do well on finals, students need to first create a study plan. Weeks before finals week begins, some professors suggest that students sit down and schedule their time wisely by providing specific times for studying each subject every day.

Charles Reagan, professor of philosophy, said that finals week is the true determination of good note taking. Finals week can be a breeze if students just take the time to learn the course material.

"If you have learned each lesson each day, preparing for finals should be easy," Reagan said. "If, on the other hand, you think you can learn a course in one or two days, good luck."

The biggest problem is that a lot of students don't know how to study the material.

"I observe that a lot of students

wait until the late in the semester to start studying or reading," Lori Kniffin, adviser for academic programs for the School of Leadership Studies, said. "Trying to cram a while semester of learning into a couple of weeks can cause a lot of stress. I suggest using the stress of this week to help you for next semester if you find yourself cramming."

A student's biggest resource is a professor.

"Don't be afraid to ask for help if you need it," Kniffin said. "Your professors want you to do well."

Students need to utilize this resource, and keep in mind that professors only get busier as finals get closer. Students should ask all necessary questions far enough in advance that the professors have enough time to provide them with feedback.

Once students know what they have to study, though, there still is the issue of learning the material, especially if the final is covering material from earlier in the semester.

"Students should already be aware of what is on the final," Ethan Bernick, associate professor of political science, said. "The syllabus itself is like a contract for success."

Bernick suggested that doing

homework is crucial for success and that practicing and reviewing the material daily should put students in good shape for exams.

"Students don't realize that by the time final exams come around, they have already completed 75 percent of the class," he said. "If they have done their homework and quizzes and reviewed the material in a persistent manner, they should succeed."

Most professors agree that students have all the necessary material to pass if they take the time to study.

"Go over notes, textbooks and study guides," Reagan said. "You can practice for the exam by running through them."

For students who don't have good study skills and habits, finals can be very difficult, but there are things that can help.

"Form study groups," Bernick said. "Get together with three to four people and help each other out."

Students also need to remember that professors know what they're talking about. They went through it themselves in order to get their degrees.

Most importantly, get plenty of sleep before the final.



Parker Robb | Collegian

To do well on finals, professors suggest eating healthy foods, rather than junk foods, and getting plenty of sleep so one's mind can function well, as opposed to staying up all night cramming.

"Good nutrition and good sleep are very important for success in any stressful endeavor," Reagan said.

On a final note, Reagan said he had one last bit of advice to help give some perspective who is stressing about finals.

"In school, finals come each semester," he said. "In life, they come every day."

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Unprescribed Adderall use potentially harmful, unproductive for students

Morgan Huelsman
staff writer

It's that time of year again when students are stressed, full of anxiety and looking for ways to cope with the pressures of finals week. Some students hit up coffee shops or hang out with friends to take their minds off the brutal week ahead. However, it is no secret that across college campuses, some students are looking to Adderall to give them an academic edge or just to help them stay focused.

Adderall is a drug that is mixed with amphetamine and dextroamphetamine stimulates. It is typically used for the treatment of Attention Deficit Hyperactivity Disorder (ADHD) and Narcolepsy. Individuals typically have to undergo several tests in order to be diagnosed with one of these disorders, and the drug must be prescribed by a physician. However, that doesn't mean the drug is not easy for students to get their hands on, because in reality it is.

According to K-State's Alcohol and Other Drug Education Service, a recent survey found that prescription drug abuse among K-State students has increased from approximately 1 percent in 2006 to 12 percent in 2012.

Individuals taking Adderall often believe that because the drug is a prescription, it cannot be as harmful as illegal drugs. This is because typically, when a drug is used as directed, it has beneficial effects on health.

However, Adderall is also known for being a habit-forming drug. A study from the National Institute on Drug Abuse estimated that more than 1.6 million American teens and young adults misused ADHD drugs during a 12-month period, and 75,000 of them became addicted.

Stimulants like Adderall are very easy to become addicted to. Doctors caution that consuming these kinds of pills without a doctor regulating the process increases the risk of addiction and potential overdoses.

Holly Anderson, a licensed clinical marriage and family therapist at Cornerstone Family, said that finals week increases students' thoughts about using drugs not prescribed to them.



photo illustration by Minh Mac | Collegian

Illegal abuse of adderall during finals week can cause negative effects to unprescribed students.

"I think substance abuse comes from feeling desperate or needing to have a quick fix for feeling stressed," Anderson said. "I think it's a dangerous thing; you never know how someone's biochemistry is going to react with a substance."

Signs of prescription drug abuse include change in personality and mood, social withdrawal, neglecting responsibilities, increased sensitivity to sights, sounds and emotions and defensiveness.

Adderall can be a positive drug for individuals who truly have difficulty studying and use the drug carefully. Rachel Arbuckle, sophomore in elementary education and dance, said that Adderall helps her lead a better life.

"As soon as it kicks in, I'm engaged, focused, determined and dedicated," Arbuckle said. "I feel very organized, like my chaotic life is more pulled together."

However, providers say that no person reacts to the drug the same way. While some have a positive reaction to Adderall, others become addicted. For others, it may have no effect at all. For this reason, the tests that go into prescribing drugs like Adderall and Ritalin are dependent on the individual and their circumstances.

When it comes to studying, especially in college, students often complain about how difficult it is to find the motivation to study for comprehensive tests or work on

several projects at a time. This is when students and young adults look to Adderall to take the stress off.

Anderson said that students need to be more cautious when it comes to thinking about taking drugs that are not prescribed to them.

"I would encourage students to realize that taking a substance isn't going to change the underlying issues you actually have ADHD," Anderson said. "There will always be opportunities to cut corners and get ahead, but you don't want to rely on a substance to do that."

While opinions from providers differ concerning how Adderall actually affects students' academic achievement, there is no conclusive re-

search that proves that using Adderall has an effect on students' academic success.

One study done at the University of Pennsylvania found that students who took Adderall didn't actually perform better on tests of cognitive function — they just thought they did. According to Time magazine's health section, the participants were asked, "How and how much did the pill influence your performance on the tests?" The participants who had been given Adderall were significantly more likely to report that the pill caused them to do better on the tests, even though their performances did not show an improvement over the participants who didn't take Adderall.

Cari Cetola, sophomore in criminology and psychology, said she could potentially work without Adderall if she changed her study habits.

"I think I could do as well on schoolwork without Adderall," Cetola said. "But I would have to be more disciplined when it came to not getting distracted while studying."

College students look to every outlet possible for motivation to study long hours for final exams or to be able to spend all night working on a project. Each person is different in the way they cope with the stress and pressures of college, but turning to Adderall (for those without the disorders for which it is prescribed) can be a potentially dangerous, unhelpful choice.

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Seniors reflect, share what they wish they had known freshman year

Erin Poppe
managing copy chief

As finals week looms just on the other side of the weekend, a sense of panic sweeps the campus from freshmen to seniors. Students scramble to cram just a little more information into their exhausted brains, as if just a few more hours will assure them that A... if their professor weights the grade book.

If you are a first semester freshman, you have a unique opportunity to use this as a "trial" semester. As you move closer to graduation, the finals get harder and the grades matter more.

Many seniors long for that first semester where, had they known what they do now, they could have started off strong with a high grade point average. Had they done so, they wouldn't be just as panicked as they are now.

So to all you underclassmen, heed the following advice from seniors who have figured out what they wished they had known their first semester freshman year.

The first challenge of finals week is when to begin preparing. Whether it's from the first day of class to the Friday before finals, time management will always be a struggle to students who don't develop an awareness of time.

"It is so easy to think I have all the time in the world, because my classes don't meet," Aaron Bisch, senior in interior architecture and product design, said. "But, time still flies just as fast

during finals week as it does all year round. Don't let your time slip away."

For those who may have priorities outside academics like work or social inclinations, focusing on the classes that straddle the borderline between grades is a more efficient use of time.

"If you've already been doing well on the tests and are doing well with your grades, don't stress," Jay Chenault, senior in architecture, said. "Instead, focus on a few important classes by studying up for a few days before the final. Culminating with an extended cram session the night before. However, if the class deals directly with my major, I try to give it priority over the electives."

Once the determination to study has been found, then one just needs to find a place to set up shop. Probably a place you'll be content with not moving from.

"Find your 'special place,'" Bisch said. "Campus is full of places to 'escape' on campus. Find a place in the library, the [K-State] Alumni Center or in your favorite building to really get down and study."

After a 'special place' has been located for studying, Alex Schram, senior in mechanical engineering, said he has discovered how easy it is to memorize stuff really easily, while math and engineering are a bit more challenging.

"If it's a math, physics or engineering class, it really helps to work problems, just looking at



photo illustration by Minh Mac | Collegian

One of many popular pieces of advice upperclassmen give lowerclassmen is to start networking early.

problems and solutions doesn't really do much," he said. "But when you do the problems and then go back and compare, it makes a much larger impact and actually helps on the final. Other classes, history, bio, chem., etc. nothing you can really do besides read it and memorize."

However, the best advice Schram said he could give would be to take everything in stride. That finals often induce too much anxiety and the best thing to do is just breathe.

"Don't stress out too much," Schram said. "Finals are important, but you generally do better than you anticipated, and sometimes there is even a curve. Once your last final is done, go home and enjoy break. Don't stress about grades being posted. It won't change anything."

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